



QuornTM

KEEMA CURRY

A delicious lightly spiced curry ideal
for a midweek meal.

PREPARATION TIME:

10 minutes

COOKING TIME

35 minutes

SERVES:

4

INGREDIENTS

- 300g Quorn Mince
- 1 tbsp vegetable oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 2 tbsp korma paste
- 1 tbsp tomato puree
- 300g potatoes, diced into 1cm pieces
- 300ml vegetable stock
- 1 red pepper, chopped
- 100g peas
- 2 tbsp fresh coriander, chopped
- 1 tbsp mango chutney (optional)
- seasoning to taste

METHOD

1. Heat the oil in a large pan and sauté the onions for about 8 minutes until starting to caramelise. Add the garlic and cook for a minute.
2. Stir in the korma paste and tomato puree, cook for a further minute.
3. Add the Quorn Mince, potatoes and the stock. Cook gently for 20 minutes or until most of the liquid has evaporated, stirring occasionally.
4. Add the red pepper, peas, coriander and mango chutney if using and cook for a further 5 minutes.



**TIP: TRY SPRINKLING OVER SOME
CHOPPED CORIANDER, A DRIZZLE OF
NATURAL YOGHURT AND SERVE WITH
WARM NAAN BREAD OR CHAPATTI.**

**THIS CURRY FREEZES WELL SO WHY NOT
MAKE A DOUBLE QUANTITY?**

